# MEDITATIONS

for Self Help and Healing

By
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UNIV. OF
CALIFORNIA

# MEDITATIONS
## *for* SELF HELP *and* HEALING

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I hope you will
receive a lot
of good from
these beautiful
Meditations
Love
Claudia

UNIV. OF CALIFORNIA
Class of 1900

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IN THESE short meditations I have tried to set forth some ideas which my experiences in mental healing have given me. I have found that a few brief statements, mentally affirmed, followed by a silent meditation, have been most effective in the healing work.

Most of these meditations have been written in the first person in order that those using them may be able to do so just as they are written.

It is not claimed that there is any occult power in the words, but that words similar to these are effective in inducing a greater realization of life. They contain thoughts which I have found to be most helpful.

Try them, my good reader, and see if they will not bring to life a deeper meaning and a greater joy. Whatever brings to the mentality a greater realization of life has, within itself, a healing power. I believe that these meditations will help all who take the time to use them.

First, decide which meditation you wish to use; then become quiet and composed. The body should be relaxed but the mentality should be active. Then carefully read the meditation several times, phrase by phrase, endeavoring to realize the meaning of the words and trying to enter into the atmosphere of the thought. After having done this, meditate upon the words, following the meditation until you feel a sense of realization.

ERNEST S. HOLMES

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## Come, and Let Me Heal You

Come to me and I will heal you.

The inner power of Life within me is God, and it can heal anything.

I will to heal and help all who come to me.

I know that the realization of Life and Love within me heals all who come into Its presence.

I love the thought that I silently bless all who enter my atmosphere.

It is not I, but The Father Who dwelleth in me; He doeth the works.

*I heal all who come near me.*

## He Is Mighty Within Me to Heal

God within me is mighty to heal.

He healeth me of all my diseases and cures me of all.

God within is now healing me of all my infirmities, sickness and pain and is bringing comfort to my soul.

God is my life; I cannot be sick.

I hear the voice of Truth telling me to arise and walk, for I am healed.

*I am healed.*

## I Do Not Inherit Disease

There is no inherited tendency to disease, nor ill health.

I am born of Pure Spirit and am free from the belief in material existence.

False ideas cannot be transmitted from one to another, and I am free from all race-suggestion.

My Life is from Above, and I remember that I was always Perfect and Complete.

An Inner Light shines forth and frees me from the bonds of all false belief.

*I came from the Spirit.*

## No Congestion

There is no congestion nor stoppage of action.
Life, flowing through me, is Perfect and Clear;
It cannot be stopped, retarded nor hindered.
I feel the One Life flowing through me now.

It eliminates all impure secretions and washes me clean from all suggestions of false deposits in the flesh.

I am Clean, Pure and Perfect, and my Word eliminates all else.

*There is no congestion.*

## No False Growth

"Every plant which my Heavenly Father hath not planted, shall be rooted up."

There is no false growth and nothing for one to feed on. I am free from all thought of, or belief in, anything false or fearsome.

I cast out all fear and with it all manifestations of Fear.

A false idea is neither person, place nor thing, and has no one to believe in it nor experience it.

I am now One with The Perfect Life of Complete Wholeness.

*My Word casts out all fear.*

## No Weariness

There is no weariness.

Mind and Spirit do not become tired nor weary, and I am Mind and Spirit.

The flesh cannot become weary, since it has no mind of its own.

I am free from all illusions of weariness.

My whole being responds to the thought of Life.

I am alive with the Great Vitality of the Spirit.

*I am alive with Spirit.*

## Perfect Hearing

My hearing is perfect.

It is God in me hearing His own voice.

I hear That Voice, and no belief in inaction can hinder that hearing.

There are no impaired organs.

Every idea of the body is now complete and perfect and functions according to the Divine Law.

I open my ears to hear.

I am receptive to Truth and can understand it.

*Open my ears that I may hear.*

## Perfect Vision

There is One Vision and One ability to see, One perfect seeing.

My eyes are open and I see and behold one Perfect Life.

No suggestion of imperfect vision can enter my thought.

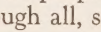
I perceive that all people can see, and that the One, looking through all, sees and cannot be limited in vision.

I am one with that complete ability to see, to know and understand the Truth.

I do open my eyes and do see.

Nothing in me can hinder this Word from operating through me and manifesting through my eyes.

*Open my eyes that I may see.*



## The All-Seeing Eye

The Eye of the Spirit cannot be dimmed, neither can it be impaired in Its ability to see.

My eyes are the Vision of my Indwelling Lord; they are the Windows of my Inner Spirit and are always open to the Vision of Truth.

I see with the Vision of the Spirit, and that ability cannot be weakened nor lost; it is forever effective.

My word which I now speak is the Law of Perfect Sight and my eyes are opened and I see.

*Spirit sees through me.*

## The Healing of the Flesh

My flesh is the Manifestation of the Spirit in my body.
It is kept perfect through the Law of God.
"In my flesh shall I see God."
The mantle of flesh is perfect and complete here and now.
It is one with the Body of God, and cannot be sick, nor suffer.

*My flesh is perfect.*



## There Is No Pain

There is no pain nor inflammation.
All fear is swept away in the realization of Truth.
I am free from every belief in pain.
The spirit cannot pain, and I am Pure Spirit and cannot be hurt nor harmed.

*I am free from all pain.*

## *COMPLETENESS*

### Happiness and Completion

I am happy and complete to-day and forever.
Within me is that which is Perfect and Complete.
It is The Spirit of all Life, Truth and Action.
I am happy in the sure knowledge of the Inner Light.
I cannot be sad nor sorry, but must radiate Joy and Life,
For Life is within me now.

*I am happy and complete.*

### Here and Now

Perfection is already accomplished.
I do not have to wait for the Perfect Life.
I am that Perfect Life here and now.
To-day I express the Limitless Life of the All Good.
To-day I manifest my Completion in every part of me.
To-day I am saved.

*Here and now I am healed.*

### Majestic Calm

The Inner Mind is still.
The Soul reflects the Most High.
The Spirit of man is God.
In the great calm of the All Good,
I rest in peace and security.

My life is now reflecting the Perfect Whole.
I am Peace; I am Calm;
I am security and complete satisfaction.
I am One with God.

*I am filled with peace.*

## No Loss

There is no loss.
Nothing can be lost, misplaced nor forgotten.
There was never any loss nor confusion.
Creation is Perfect and Complete, and within the One are all things, and all are known to the One.
I am now in complete harmony with the Whole and I cannot lose nor misplace anything.
I am constantly finding more and more Good.

*I know that there is no loss.*

## Oh, for a Tongue to Express

Oh, for a tongue to express the Wonders which the Thought reveals!
Oh, for some Word to comprehend the boundless idea!
Would that some Voice were sweet enough to sound the harmony of Life.
But Within, in that vast realm of thought where the Soul meets God, the Spirit knows.
I will listen for that Voice and It will tell me of Life, of Love and Unity.

*Speak to me, Spirit.*

## O Soul of Mine, Look Out and See

O soul of mine, look out and see; look up and know Thy freedom.

Be not cast down nor dismayed; be uplifted within me and exult, for Thy Salvation has come.

Behold the wonders of the Great Whole and the marvels of the Universe.

Look out and see Thy good. It is not afar off, but is at hand.

Prepare Thyself to accept and believe; to know and live.

Let Life enter and live through Thee, Soul of mine, and rejoice that Thou hast vision so fair and so complete.

Rejoice that the Perfect Whole is so completely reflected through Thee.

*My light has come*

## Seeing the Perfect

My eyes behold the complete and perfect in all Creation.

"In all, over all and through all."

I see the perfect; there is nothing else to see, and no suggestion of otherness can enter my thought.

I know only the perfect and the complete.

I am perfect and whole, now.

*I see the Good.*

## The Circle Is Complete

The Circle of Love is complete.
It comprehends all, includes all, and binds all together with cords of Everlasting Unity.
I cannot depart from Its Presence nor wander from Its care.
My Love is complete within me.
The Love of God binds me to Itself, and will not let me go.
I shall make a home for you, O my wonderful Love, and we shall journey through life hand in hand.
I shall sit in your Presence and learn the wondrous things You will tell me;
For You are God.

*Love sits within me.*

## The Things That Are

The things that are, were and evermore shall be.
Time, Chance and change begone from my thought!
The Changeless is here to stay, and the Timeless cannot cease from Being.
The things that are shall remain, though heaven and earth should pass away.
I rest secure and safe within the Life of Endless Perfection and Completion.
My whole Being responds to the Realization of the Complete Whole.

*I am that which Is.*

### A Song of Hope

My Life is in Thee, O Inner Presence.
I look upon Thee and hope springs forth into realization.
O Hope within me, undying evidence of Good,
Thou dost completely hold me in Thy loving embrace,
And from this fond caress assurance shall be born, and confidence and love.

*My hope is in Thee.*

### Be Still and Know

"Be still and know that I am God."
I am still in Thy Presence.
I am quiet and peaceful, for I put my trust in Thee.
A great stillness steals over me and a great calm quiets my whole being, as I realize Thy Presence.
The heart knows of Thee, O Most High within.
It is still in Thy Presence, and it puts its whole confidence in Thee alone.

*In Thy Presence I am still.*

### Cast Aside All Doubt

Cast aside all doubt, O Soul of mine, and be unafraid, for Thy power is from On High.
He Who sitteth in the heavens shall be Thy champion;

Thou need not fear; Come forth, O Spirit, from within and express Thyself through me and let not my doubts hinder Thy approach.
My faith shall go forth to meet Thee, and my confidence shall embrace Thee.
My waiting thought shall bid Thee welcome to my house of Love,
And Joy shall accompany me through the ages yet to come.

*I lay aside all fear and doubt.*

## Divine Companionship

I have an Inner Friend who walks and talks with me daily.
He is not afar off, but is within me, a constant companion.
I shall never become lonely, for my Friend is always near.
I have but to speak and He answers.
Before ever my lips spoke, He told me of his Love.
O my kind friend, how dear to me is Thy presence.

*The Spirit within me is my Friend*

## His Eye Is on the Sparrow

"His eye is on the sparrow and I know he watches me."
This is a blessed thought, for it means that we cannot wander from His Presence, nor depart from His care.
Always He will watch over us and comfort us.

Forever we shall sit in His house and ceaselessly He will care for us.

The All-Seeing Eye cannot overlook any one, and all, all shall be kept in His care.

*All are kept in His care.*

## Hope Cannot Die

Hope cannot die. Eternal Hope is forever warm and fresh within me; the deathless Hope built upon the rock of sure knowledge.

O Hope Sublime, O Life Supreme, behold I come to Thee as a tired child, and Thou dost rekindle within me the fires of Faith.

Strong, swift and sure, Faith springs forth into action and my entire Being rises to meet the Dawn.

*Hope, Faith and Love are in me.*

## I Am Not Alone

I am not alone, for a Presence goes with me and daily accompanies me on my travels.

Always I shall find this Divine Companion with me.

He will not desert nor allow me to go alone.

He will always be with me and near me, and will always provide for every want.

*My life is hid with Christ in God.*

## I Went Into a Mountain

I have discovered a Secret Place within, where the thought goes into a mountain high above the din of the world.

I have found in this mountain a Place of Peace and rest,
A Place of joy and comfort to the heart.
I have found that the Secret Place of God is within my own Soul.

*I will listen for Thy Voice.*

### The Joy of the Soul

My Soul within me rejoices at the realization of Life.
I am glad as I behold my inner Light;
I cannot be sad nor depressed, for the All Good has claimed me as Its own.
O Soul within me, rejoice and become glad, for Thy Light has come and Thy Day of Salvation is at hand.
Be still within me and behold Him Who sitteth On High.
Reflect to me Thy revelation and flood me with Thy marvelous Light.

*I rejoice in my Life within me.*

## *FREEDOM*

### Freedom

Yes, I know that the Truth has freed me from the bonds of fear.

I am not afraid. I adore thee, Most High within me; I trust in Thee and abide in that hope that knows no fear; I am Free Spirit and cannot be bound.

The One Life flowing through me is Perfect and Complete. I am not apart from It. I am One with It in Marvelous Unity and Freedom; One with the Complete Whole.

I was born free and must always remain free. The realization of freedom permeates my whole being and sinks into the innermost parts of me.

I love it, I adore it, I accept it.

*I am free.*

### Freedom From Sin

I am free from belief in sin; there is neither sin nor sinner.

There is no judgment against any one.

God does not condemn, and man cannot.

All fear of sin is removed from me; all theological belief in punishment is gone from me.

I do not allow myself to receive such suggestions, for I perceive that they are lies.

I am free from all lies and from all liars.

I live by the One Power, and no thought can enter to disturb me.

*There is neither sin nor sinner.*

### Free From Sensitiveness

My feelings cannot be hurt.

No one wishes to harm me, and there is nothing in me that can believe in any separation from the All Good.

I perceive that I am free from all people, and I cannot be harmed nor mistreated.

I have such a sense of unity with all that the circle is complete and perfect.

I love my friends and they love me, and that love is in, and of, God, and cannot be marred nor hindered.

*I am filled with joy and love, forever.*

## I Keep the Promise

I shall keep the promise that I have made to myself.

I shall never again tell myself that I am poor, sick, weak nor unhappy.

I shall not lie to myself any more, but shall daily speak the truth to my inner Soul, telling It that It is wonderful and marvelous; that It is One with the Great Cause of all Life, Truth, Power and Action.

I shall whisper these things into my Soul until it breaks forth into songs of joy with the realization of Its Limitless possibilities.

*I shall assure my Soul.*

## Love Gleams Through the Mist

Through the mist of human fear love gleams and points the way to freedom.

I now decree and declare that I am free from all sense of bondage.

I am made perfect and whole through knowledge of the Real Life within me.

No illusions can enter my thought.

I know that there is One Power, and I know that this Power now protects me from all harm.
As Perfect Love casts out all fear, so my fear flees before the knowledge of Truth.

*I am not afraid.*

## No Bondage

There is no bondage nor limitation.
Every part of me moves in perfect harmony and freedom.
I cannot be tied, bound nor made inactive, for
I am Free Spirit, and the Power of my Life is from on High.
There is no inaction nor false action,
And I am now completely Free.

*I am free.*

## No Condemnation

There is no condemnation in me nor operating through me.
I am free from the belief or thought of men.
I walk my own way, immune to all suggestion of condemnation.
Only those thoughts can enter my mentality which I allow to enter.
I do not, and cannot, receive adverse thoughts.
Only those thoughts which are helpful and life-giving can find entrance to my house.

*There is no condemnation.*

## No False Habit

There are no vicious nor false habits.

Every desire of my thought and heart is satisfied in the Truth.

I do not long for anything nor feel the lack of anything.

I am complete within myself; I am perfect within myself; I am happy and satisfied within myself.

I am One with All Life within me.

*I am free.*

## No Hypnotism nor False Suggestion

There is no hypnotism nor false suggestion.

I represent the One Mind which cannot act against Itself nor can It act against me.

I am immune to all suggestion and cannot receive false thoughts, nor harbor them.

I am surrounded with a circle of Love and Protection.

Asleep or awake, I am free from false thoughts.

I see the nothingness of all belief in, or fear of, otherness; and I know that The One and Only Mind, alone, can act.

*Only the Good can enter.*

## No Mistakes

There are no mistakes; none have ever been made and none ever will be made.

Nothing ever happened in the past to hinder or hurt.
There is no past, and I know, and can see, that there is no belief in any past to rise against me.
I live in the Now, free from any yesterdays or to-morrows.
Now, I am Happy, Free and Complete.
My Word erases any and all beliefs in mistakes and sets me free.
I am Free!

*I am free from any beliefs in the past.*

### There Are No Responsibilities

The Spirit has no responsibilities.
Its work is already accomplished and Its purposes are already fulfilled.
The Spirit knows no want nor fear.
It is complete within Itself and lives by virtue of Its own Being.
I am Spirit and cannot take on the fears of the world.
My work is accomplished and my ways are made straight before me.
The pathway of Life is an endless road of Eternal Satisfaction and Perfect Joy.
My Life within me is Complete and Perfect, and has no cares nor burdens.
It is Free Spirit and cannot be bound.
I rejoice in that Freedom.

### The Time Has Come

The time has come, the hour has struck.
The power from within has come forth and is expressing through my word.
I do not have to wait; to-day is the time.
To-day I enter into all Truth; to-day I am completely saved and healed and made happy.
To-day I enter into my inheritance.

*To-day the Truth has made me free.*

### Within Thy Law Is Freedom

Within Thy Law is freedom to all who will believe.
I believe in Thy Law and I love Thy precepts.
I know that Thy Law is perfect and It is a delight to my Soul, for It is illumined with Thy Words of Power.
Thy Law is complete freedom to me, and to all for whom it shall be spoken.
I speak the Word of freedom to all, and all shall receive it.

*I am free in Thy Law.*

## *HARMONY OF LIFE*

### Beauty

I behold the Beautiful and the Pleasant.
My eyes see only that which is beautiful to look upon.
I will not see anything else nor believe in anything else.

I know that beauty has entered into my life, and will always remain there.

*I see only the beautiful.*

## Friendship of the Spirit and of Man

The Friendship of the Spirit and of man is mine now and forever.
Even now I see the countless numbers of friends coming and going around me.
I enter into this friendship and this companionship with gladness and rejoicing.

*I receive my friends.*

## He Wills Me to Be

It was God Himself who willed that I should be.
I have no cares nor burdens to bear.
I am reminded of the great command:
"Come unto Me all ye who labor and are heavy laden and I will give you rest."
I do come into the Light and I do know that all cares
And responsibilities fall from me as I let the
Light of Wisdom direct my ways.

*He wills me to be; therefore, I am.*

## I Serve

I serve the world.
I wait upon the Lord within all men;
I call forth glory from On High through the minds of all people.

## My Affairs

My affairs are in the hands of Him
Who guides the planets in their course,
And Who causes the Sun to shine.
Divine Understanding attends me on the Way,
And I shall not be hindered in my work.
My affairs are controlled by Perfect Intelligence,
And cannot be hindered from expression.
I know that all that I do is done from the One Motive:
To express Life; and Life will be expressed
In and through me. I cannot hinder it.

*I am controlled by Intelligence.*

## My Business

My business is directed by Divine Intelligence.
The All-Knowing Mind knows what to do and how to do it.
I do not hinder, but let It operate in my affairs.
It prospers and directs me and controls my life.
My affairs are managed by Love, and directed by Wisdom, and they cannot fail to prosper and expand.

*My affairs are in His hands.*

## My Profession

My profession is the Activity of the Great Mind working through me.
As such It is a Divine Activity and is constantly in touch with Reality.

*I rejoice in freedom.*

I am inspired in my work from On High with lofty ideals,
And my thought is illumined by the All-Knowing One.

*I am inspired.*

### No Delays

There are no delays in the Divine Plan for me.
Nothing can hinder the operation of this Law unto my Life and Action.
Obstructions are removed from my path, and
I now enter into the realization and manifestation of complete fulfillment of right desires.
I do not have to wait, for the Law waits upon me at every turn in Life's road.

*Now it is done unto me.*

### No Misrepresentations

No one can lie to me; none can mislead me.
I am free from the belief in all lies and untruths;
I know and speak only the Truth, and the Truth alone can be spoken to me.
I know the false and can understand the Real.
I cannot be fooled nor misled; I am guided by Truth alone.

*There is no lie nor liar.*

### No Obstructions

There are no obstructions to Life's Path; no hindrance to man's endeavors.

Let my Word be the Law of elimination to all thought of hindrance or delay,
And let the thing that I speak come forth into manifestation at once.
I behold it and see that it is even now done, complete and perfect.

*I receive now.*

### No Over-action nor Inaction

There is no over-action nor inaction in Divine Law, for everything moves according to perfect harmony.

Every idea of my body functions in accordance with this Law of Perfect Life.

I now perceive that the action within me is perfect, complete and harmonious.

Peace be unto every part of me, and perfect Life to every member of my body .

I act in accordance with Divine Law.

*I am Perfect Life throughout my whole Being*

### One With Perfect Action

I am One with Perfect Action. Everything that I do, say or think is quickened into action through this right understanding and this correct knowing.

The harmonious action of the Great Whole operates through me now and at all times.

I am carried along by this Right Action and am compelled to do the right thing at the right time.

There is nothing in me that can hinder this action from flowing through me.

*The action of God is the only action.*

### Peace, Poise and Power

Peace, Poise and Power are within me, for they are the witnesses of the Inner Spirit of all Truth, Love and Wisdom.

I am at peace within me, and all about responds to that Great Calm of the Inner Soul which knows its rightful place in the All Good.

Power is born from within me and passes into my experience without effort or labor.

I rest in Security and Peace, for the Inner Light shines forth and illumines the way.

*I rest in Thee.*

### Stillness and Receptivity

I am still and receptive to Life.

I let Life flow through me into all that I do, say or think.

I shall let my Life be what it is, and shall not worry nor complain.

I am now entered into the Secret Place of the Soul where complete quiet reigns supreme and where God talks to me.

*I receive.*

### Thanksgiving and Praise

I will give thanks to my Inner Life for all Its Marvelous Wonders, and for all Its Wonderful Works.

I will sing and be glad, for I know that I am hid with Truth in a Perfect Life.

*The fulness of Joy is mine.*

## The Divine Promises Are Kept

The Divine Promises are all kept; not one is changed.
God has told me that my Life is Perfect;
He will never desert nor leave me to travel alone.
I know that from this day on and forevermore
I shall live under Divine Protection and Love.

*I Live Under Divine Protection and Love.*

## The Inner Light

The Light of Heaven shines through me and illumines my Path.
The Light Eternal is my guide and my protection.
In that Light there is no darkness at all.
It is a Perfect Light shining from the altar of a perfect Love.
O Light and Love within me, Thou art welcome.

*Light shines through me and illumines the Way.*

## The Night Is Filled With Peace

I wrap myself in the mantle of Love and fall asleep, filled with Peace.
Through the long night Peace remains with me, and at the breaking of the new day I shall still be filled with Life and Love.
I shall go forth into the new day confident and happy.

*I rest in Thee.*

## The Seal of Approval

The Seal of Approval is upon me, and I am not condemned by the thought or the act of man.
I will fear no evil, for I know that the Great Judge of All controls my every act.
Let every fear of man be removed from me and let the Silence of my soul bear witness to the Truth.

*God approves of me.*

## The Secret Way

There is a Secret Way of the Soul which all may know.
It is the Way of Peace and Love.
This Secret Way leads into places of joy.
And into the house of good.
It is the Way of the Spirit, and all may enter who will.
I tread the Secret Way of good, the Path of Peace,
And I enter into "The Secret Place of The Most High."
*The Secret Place of The Most High is within me.*

## The Shining Path

The Pathway of Life shines before me unto the Perfect Day.
I walk the pathway of the Soul to the Gate of Good.
I enter into the fulfillment of my desires.
Nothing need be added and nothing can be taken from the All Good which is forever expressing Itself in me.

Daily shall I receive Its great blessings and my Soul shall rejoice evermore.

*I am now entered into my Good.*

## The Things I Need Come to Me

Whatever I need comes to me from the All Good.

Divine Intelligence working through me always knows just what I need and always supplies it when I need it.

This Law is unfailing and sure, and cannot be broken.

I receive my Good daily as I go along the pathway of Life, and I cannot be robbed of my birthright to freedom and happiness.

*I receive my Good.*

## The Way Is Made Clear Before Me

The Way is made clear before me; I do not falter nor fall.

The Way of the Spirit is my Way, and I am compelled to walk in it.

My feet are kept on the Path of Perfect Life.

The Way is prepared before me, and that Way is a Path of Peace, of Fulfillment and Joy.

The Way is bright with the light of Love and Kindness.

The Way I tread is a pleasant and a happy one.

*I see the Way and I walk in It.*

### As Love Enters, Fear Departs

As Love enters, fear vanishes.
I am so filled with Love that no fear can enter my thought.
I am not afraid, for I know that a Perfect Intelligence guards and governs my every act.
Perfect Love casteth out all fear.
I am unafraid and strong in my faith in Him who keeps me from all harm.

*Perfect Love casteth out all fear.*

### He Will Keep Thee

The Inner Spirit of man is God, and my Inner Spirit is the Realization of my life.
I know that my Inner Spirit will keep me from all harm, and will not let destruction come near me.
I am unafraid in the midst of confusion, and unmoved in the face of calamity.
I am confident in the presence of seeming danger and fearless before any sense of trouble.

*He will keep me.*

### Infinite Life Within

Infinite Life within me, which is God, guard Thou my feet and keep Thou my way. Let me not stray from Thee, but compel me to do Thy will.

I am guarded and governed by an Infinite Intelligence and an Omnipotent Power.

No mistakes can be made and none ever have been made.

An unerring judgment operates through me and I am led by the Spirit of Truth into all Good and into all Peace and Happiness.

*Infinite Life within me.*

## My Feet Shall Not Falter

My feet shall not falter, for they are kept upon the path of Life through the Power of the Eternal Spirit.

Guide Thou my feet; compel my way; direct my paths and keep me in Thy Presence.

My feet are guarded, and I am guided into The All Good.

*He guides my feet.*

## No Harm Shall Befall Thee

No harm shall befall you, my friend, for a Divine Presence attends your way and guards you into The All Good.
Loving kindness awaits you at every turn of Life's road.
Guidance is yours along the pathway of experience,
And an Infallible Power protects you.
God, Himself, and no other is your Keeper.

*I proclaim this for you.*

## Power to Live

I have the power to live the life of good.
My power is from On High; it cannot be taken from me;
It will not leave me desolate.
Power flows through me and is in me, and
I can now feel and sense it.
The Power to live is in me and it cannot desert me.
It is my power and is continually present.

*I am the power to live.*

## The Circle of Love

A circle of love is drawn around me and mine, and all.
No harm can enter that Sacred Circle, for it is the Love of God.
It is a complete protection from all evil.
"I will fear no evil, for Thou art with me."
There is no evil and no harm.
I am free from all sense of fear.

*Love surrounds and protects me.*

## The Circle of Protection

I draw around me a circle of love and protection.
No harm can enter nor find place within that charmed circle of life and love, for it represents God's Loving Care and Eternal Watchfulness.

I will rest within me now, and I will speak comfort to my Soul and tell It of all the wonders of its life, safe from the din of strife and fear.

*I am protected from On High.*

## The Power Within Blesses All

The Power within me is blessing all mankind, and is forever healing all with whom I come in contact.

The Power within me is God, and It must bless and help and heal all who come near It.

Silently the work goes on, and silently all are being helped by this Inner Power which is operating through me.

I will give thanks that my Power within is silently blessing and helping every one to whom my thought reaches.

*The Life within me blesses all mankind.*

## The Quick Answer

My answer comes quickly and surely back to me from On High.

My answer will not fail me, for the Law of the Universe is the Power through which it comes.

I shall not doubt nor fear, for the answer is swift and certain.

*My answer comes.*

## A Song of Joy

There is a Song upon my lips to-day; it sings of the glad heart and the happy ways of Life.

I will listen to my song, for it carols to me the glad tidings of Great Joy, of Love and Life.

It tells me of the Wondrous Journey of the Soul and the Boundless Life in which my life is hid.

*I am filled with joy.*

## Born of Eternal Day

Child of All Good, you are born of Eternal Day.

There is no evening of the Soul, for it shall live forever.

It is Deathless and Perfect, Complete and One with the Everlasting.

No thought of to-morrow can disturb the calm of him who knows that Life is one Eternal Day.

No fear can enter where Love reigns, and Reason keeps faith with Hope.

The thoughts of the to-morrows and the yesterdays are swallowed up in the great realization of the Perfect Here and the Complete Now.

*To-day I completely accept my wholeness.*

## I Arise and Go Forth

I arise and go forth into the Dawn of the New Day, filled with faith and assurance in the All Good.
I arise, I arise, I sing with joy!
I proclaim the One Life: "In all and through all."
I arise, I arise, I shout with gladness that is within me.
I declare this day to be Complete, Perfect and Eternal.

*I respond to Life.*

## Inspiration

Come, Thou Great and Infinite Mind and inspire me to do great deeds.
Acquaint me with Thy knowledge and in Thy wisdom make me wise.
I would be taught of Thee, Inner Light, and inspired by Thy presence.
I will listen for Thy Voice and it will tell me of great things to be done.
I will walk in Thy Paths and they will lead me into All Good.
I will be inspired from On High.
O Wonderful Presence, flooding me, filling me with Thy Light, Thou dost inspire me!

*I feel the inspiration of Spirit.*

## The Dawn Has Come

Out of the darkness of the long night the Dawn has come.
I rise to meet the new day, filled with confidence and strength.
I arise and go forth into the dawn, inspired and refreshed by the Living Spirit within me.
O Day, you shall never die; the sun shall never set upon your perfect glory.
For the Lamp of the Soul has been re-kindled with the oil of Faith.
And Love has cleansed the windows of Life with the spirit of gladness.
They shall nevermore grow dim with fear, for Perfect Love casteth out all fear.
I am renewed in strength through knowing Good.

*My light has come.*

## I Am Complete in Thee

Almighty God, Everlasting Good, Eternal Spirit, Maker of all things and Keeper of my Life, Thou art All.
Infinite Presence within, in Whom all live; Joy Supreme, flooding all with gladness, I adore Thee.
Eternal Peace, undisturbed and quiet, I feel Thy calm.
O Thou Who dost inhabit Eternity and dost dwell within all Creation, Who dost live through all things and in all people, hear Thou my prayer.

I would enter Thy gates with joy and live at peace in Thy House.
I would find a resting place in Thee and in Thy presence live.
Make me to do Thy will and from Thy wisdom teach me thy ways of Truth.
Compel me to follow Thee and let me not pursue the paths of my own counsel.
O Eternal and Blessed Presence, illumine my mind and command my will that my Soul may be refreshed and that my life may be renewed.
As deep cries unto deep, so my thought cries unto Thee and Thou dost answer.
I am renewed and refreshed; my whole being responds to Thy love, and I am complete in Thee.
All my ways are guarded and guided, and I shall live with Thee eternally.
O Lover of my Soul and Keeper of my Spirit, none can separate us, for we are One.
So shall Thy Wisdom guide me, Thy Presence dwell within me, Thy Love keep me and Thy life envelop me now and forevermore.

*I rest in Thee.*

## A Marvelous Sense

A marvelous sense steals over him who waits on Good, and in patience bides his time.
A feeling of some Unseen Presence silently creeps over the waiting thought, and the Voice of God speaks through the mist and says: "Be not afraid."
It is all for a purpose; and when you cannot trace, you must trust. This is not an illusion, but a reality; for time proves all things, and he who will wait for his time to come shall be rewarded; and Good shall come to him, for God Himself shall be his Companion and Champion.

*I wait on Thee.*

## Complete Confidence

My confidence in Thee All Good is complete.
My faith in the Power of Spirit is supreme.
I have no doubts nor uncertainties.
I know that my Good is at hand, and
I realize that no fear can hinder
That Good from making Its appearance in my life and affairs.
I know that my Life and Good are complete.
Evil cannot touch nor hinder my work.
I rest in security, for
THE ONE MIND IS MY COMPLETE REFUGE AND STRENGTH.

*I am serene and confident.*

## Drawing the Good

I draw my Good to me as I travel along the Way of Life, and nothing can keep It from me.
My Good will always follow me.
I accept the Good and rejoice that It is with me.

*I accept the Good.*

## I Fear No Evil

"I will fear no evil, for Thou art with me."
I will not be afraid, for the All Good is constantly with me and is always near at hand to guide and comfort.
There is no evil in the Truth, and no power of darkness to hinder the Light from shining.
I will not be afraid, for there is One within Who protects and keeps me from all harm.

*I fear no evil.*

## I Have Known, Always

I have always known the Truth, and no fear can keep my inner knowledge from me.
My wisdom from within comes forth into daily expression.
Knowledge from On High is given to me, and I shall always be led of the Spirit.

*I know the Truth.*

## I Meet My Good

To-day I meet my Good; it knows me and will not let me depart from it.
My Good is at hand, and I cannot be robbed of it.
Good is forever expressing itself to me and mine.
I can even now see and hear and feel the All Good in and around me.
It presses itself against me, and fills me with a great surge of Life.

*My Good is at hand.*

## My Atmosphere

My atmosphere is attracting the Good; it is constantly on the alert to see and know the Good, and to bring it into my experience.

There is that within me that calls forth abundance and happiness from Life. I am surrounded with an atmosphere of Peace, Poise and Power.

All who come in contact with that great Calm of my Life are made strong and confident, are healed and blessed.

"Bless the Lord, O my Soul, and all that is within me, bless His Holy Name."

*I am hid with Christ in God.*

## My Good Is Complete

My Good is complete; it is finished; it is now here and is conscious of me and of mine.

I do not have to wait for my Good; it is at hand and ever ready to spring forth and express itself to me.

I accept my Good and gladly acknowledge it to be my daily companion.

My Good is mine now, and I can see it and feel it and know it.

*To-day I claim my Good.*

## My Own Shall Come To Me

From far and near my own shall come to me Even now it is coming to me, and I receive it.

My own is now manifesting itself to me, and I see and know its presence. My own shall know and respond to me.

The drawing power of that inner Spirit within me is now attracting and drawing into my experience all that is good and perfect. There is nothing within me to hinder nor to delay it.

My own cannot be kept from me, neither can I keep my good away from me. I receive it now.

*I now receive my good.*

## My Own Shall Find Me

My Own shall find me; no matter where I go, It will follow and claim me.

I cannot hide myself from my Own.

My Own shall come to me, even though I deny it; for there is nothing in me that can hinder it from entering and taking possession of my Soul.

*My Own is now expressed.*

### My Soul Reflects Thy Life

My Soul reflects Thy Life and rejoices in the happy thought that it looks on Thee alone.

O Soul of mine, look out and up and on; and reflect to me the wondrous Life of the All Good.

Look thou upon The One, and be saved.

Behold thou His Face forevermore.

*My Soul reflects Thy Life*

### Out of The Depths of Life

Out of the deep places of life my Soul has cried unto Thee and Thou hast made answer.

Out of the turmoil and struggle and strife I have come unto Thee, and Thou hast heard me and understood.

I shall nevermore be sad, for I have found what the Soul craves—the Inner Life and Love of the All Good.

*Thou hast heard.*

### Sorrow Flees From Me

As the Great Joy of Life comes into my Soul, flooding me with its wondrous light, all sorrow and sadness flee from me.

I shall not grieve, for nothing is lost nor gone from me.

My own cannot be kept from me.

My own knows me and will follow me wherever I go.

I am filled with the Joy of living and the Great Peace that comes to all who believe.

*I am made glad forevermore.*

### Substance and Supply

The Substance of the Spirit is my Daily Supply.
I cannot be without my Good.
I can see that the constant stream of Life flowing to me brings into my experience all that makes Life happy and worthwhile.
I rest in security, knowing that Infinite Good is within and is expressing through me.

*I receive my good.*

### The Ever and the All

Life always was and evermore shall be, "World without end."
All the Power there is, is mine now.
All the Life, Truth and Love of the Universe is now and forever
Flowing through my Soul.
The All Good cannot change.
I shall always have access to my Eternal God within me.

*I am Changeless Life within me.*

### The House of Love

I dwell in the house of Love;
"A house not made with hands, eternal in the heavens."
My dwelling place is filled with peace and eternal calm.
Love attends me in my home of the Soul, and
Joy awaits upon me in the "Secret Place of the Most High."

My house is built for me by the hand of Love,
And I shall never leave this Home of the
Spirit, for it is always present.
I shall abide in this home forevermore.

*My house is a house of love.*

## *SPIRIT OF GOD WITHIN*

### Arise, My Spirit

Arise, my Spirit, arise and shine.
Let Thy light illumine my path, and let Thy
wisdom direct my way.
Compel my will to do Thy bidding, and com-
mand my Soul to look to Thee.
I will follow Thee, my Spirit, and will learn
of Thee all that I need to know.
I will sit in the Silence and listen and watch,
And I will see Thy light and hear Thy voice.
I will follow Thee and will not depart from
Thee, for in Thee alone is Peace.

*Arise and shine.*

### Birthless and Deathless

The Spirit within me is Birthless and Deathless!
It was not born and It cannot die.
I have no fear of death, for I perceive that
Death is an illusion and not the Truth.
I was born of the Spirit, and I live in the Spirit,
And shall continue to live in and by the
Spirit.

*The Spirit within me lives forever.*

## Command My Soul

Spirit within me, command my Soul to do Thy bidding;
Compel me to follow the course of Truth and Wisdom.
Control my inward thoughts and my outward ways,
And make me to understand Thy Laws.
Command my Soul to turn to Thee for guidance and light;
To turn to Thee for wisdom and knowledge.
Let the paths of my Life be made straight and sure;
Let the Journey of my Soul find its completion in Thee.

*Command my Soul to do Thy bidding.*

## Despair Gives Way to Joy

Despair gives way to joy at the thought of Thee, Indwelling Good.
I cannot be sad when I think of Thee.
My sorrow is turned to gladness and my shame to rejoicing.
My tears are wiped away and the sunlight of the Spirit shines through the clouds of depression and lights the way to Heaven.

*Thy Joy has made me glad.*

## Free Spirit Within Me

Free Spirit within me, Unbound and Perfect, teach me Thy ways and make known to me Thy Limitless Completion.

O Spirit of Life, control my every action and thought.

Compel me to follow Thy light that I too may be free and complete.

I will follow Thy footsteps and learn of Thee all the wondrous secrets of Life.

I will follow Thy Light into the Perfect Day.

*Free Spirit within me.*

## Fullness of Light

The Light of Life is full within me and around me.
It shines forth into the Perfect Day.
O Light within, lighting my path to peace,
I adore and love You and I let You shine.
Go forth and bless all who come to You, Light within.
My Light radiates to all and through all.

*My Light has come.*

## He Who Inhabits Eternity

He Who inhabits Eternity keeps watch over me and mine.
"He Who neither slumbers nor sleeps" forever keeps watch over all.
I will rest in the assurance of Love and Protection.
O Thou Great Overshadowing Presence,
I am conscious of Thy care; I am aware of Thy loving kindness. I rest in Thee.

*Be still and know.*

## I Listen

I will listen for Thy voice, Inner Presence.
It will guide me and acquaint me with all knowledge.
Thy voice is sweet and tender; it is always kind and gentle.
O Lover of my Soul, how I adore Thee! How I love Thee!
How I love Thy voice; it thrills me with gladness and joy.
It fills me with peace and calm, and it soothes me.
It quiets me, and gives me wonderful rest.
I listen, O Divine Speaker, I listen to Thee alone.

*I listen for Thy voice.*

## Joy Has Come to Live With Me

Joy has come to live with me. How shall I be sad?

I do so love Thy presence, which is joy within me.

It makes me glad, and I sing, for I am so filled with Thy Spirit that I cannot be depressed nor unhappy.

I am filled with the joy of the Spirit, and I overflow with the gladness of life.

Thou art a Happy Companion to travel with me through Life, wonderful Joy, Thou art so radiant and beaming.

It is impossible to be sad in Thy presence.

I shall give myself to Thee and remain with Thee, for Thou art complete and satisfying.

I find fulfillment in Thee and joy forevermore.

*I am filled with the Spirit of Joy.*

## Knowledge and Wisdom

All Wisdom and Knowledge is from within,
And my God, who is All-Knowing, is also within.
I am guided and guarded along Life's road into the All Good.
My Mind is instructed from On High.
And my Wisdom cometh from afar.

*The Spirit within me is All Wisdom.*

## My Thought Is in Thee

My thought is in Thee, Inner Light.
My words are from Thee, Inner Wisdom.
My understanding is of Thee, Inner God.
I cannot be hid from Thee, my Inspiration and my Life.

*My Thought is in Thee.*

## O Love Divine

O Love Divine within me, I am overpowered by Thy presence.
I am speechless, for words cannot utter the things that Thou hast revealed to me.
Why dost Thou love me so, and why clasp me close to Thy Eternal Heart?
O Blessed Presence, I know, for Thou hast claimed me as Thine own.
I shall nevermore walk apart from Thee.

*The love of God is within me.*

## Peace Steals Through the Soul

Peace steals through the waiting Soul, and the comfort of the Spirit comes into the stillness of the heart.

Peace, like an ocean of Infinite Love, reflects itself through me and calms every turbulent feeling.

I am at peace and rest in the knowledge of the All Good which is at hand.

*I rest in peace.*

## Stand Forth and Speak

Stand forth and speak, Spirit within me.
Proclaim Thy presence, announce Thy course.
Declare through me Thy wondrous works and
Let the children of men hear Thy voice.
Behold, He maketh all things new.
The Spirit within speaks words of Truth and Life to all.
The Spirit within me is God.

*I speak the Truth.*

## Subtle Essence of Spirit Within Me

Subtle Essence of Spirit within me, flowing through me;
Elixir of Life in my veins purifying me with Thy marvelous Life,
I let Thy Spirit cleanse me from all false thought and idea;
I let Thy Life flow through me in a complete and Perfect Whole.

*I feel the presence of Spirit within me.*

### The Christ Within

My Life is "hid with Christ in God";
The Inner Man is the image and likeness of the Spirit of God.
I let that Inner Man come forth into expression in my life;
He will guide my feet into all Truth and Wisdom.
The Christ within me is free from all worry, and cannot be hindered by any opposing force.
My Christ within me is now perfect.

*My Christ is within me.*

### The Everlasting Arms

His Arms enfold me, His Strength upholds me,
His Presence fills me with Life and Joy.
I shall nevermore be sad nor depressed, for I know that I do not walk Life's path alone.
There is One Who goes with me and tells me all the things that I should know.
There is a Presence with me guiding me into the Perfect Way.

*I rejoice in knowing that I am not alone.*

### The Mantle of Love

Like a cloak His Love is wrapped around me. Like a warm garment It shelters me from the storms of life.

I feel and know that an Almighty Love envelops me in Its close embrace.

O Love Divine, My Love, how wonderful Thou art. I am open to receive Thy great blessing.

*Love envelops me.*

## The Voice of Truth

The Voice of Truth speaks to me and through me.

The Voice of Truth guides me and keeps me on the Path of the Perfect Day.

I will listen to the Inner Voice and It will tell me what to do in the hour of need.

I shall be told everything that I ought to know when the time of need arrives, and I shall not be misled.

The Voice of Truth cannot lie, but always speaks to me from On High.

Nothing enters but This Voice, for it is the Voice of God.

*God speaks to me.*

## The Witness of Truth

There is a Witness within me who knows the Truth and who will not let me enter into falsehood.

My Inner Guide keeps me on the Pathway of Life and directs me at all times to that which is right and best.

I shall never be without this witness of the Spirit, for I believe in It and accept It as the Great Companion of the Soul.

*The Spirit within me is perfect now.*

## Through the Long Night Watches

Through the long night watches Thou hast been with me.

In the dark places of human ignorance Thy hand hath guided me,
Thy light hath lighted the pathway of desolation to a land of plenty.
I have perceived Thee from afar, and my soul hath yearned to Thee, O Thou Mighty One!
The Spirit within me hath urged me on to the goal, and I have not been misled.
I have been guided and guarded through the long journey, and Thy Presence hath been made known to me.
I awake from the dream and re-enter the house of my Lord clothed with Peace and robed in colors of Light.

*The Spirit of Truth watches over me.*

### Thy Strength Is Sufficient

O Spirit of man and God within me, Thy Power is great, and Thy knowledge goes beyond the range of human experience.
Thy Wisdom excels that of all else, and beside Thee there is none other.
In Thy Strength do I daily walk and live;
In Thy Presence do I always rest in peace and joy.
Spirit within me and without, Powerful Thou art, and Great;
Wonderful is Thy Might, and Complete is Thy Understanding.
I let Thy Mighty Strength flow through me,
And out into all the paths of my human endeavors.

*Life from within expresses through me.*

## Waiting on Thee

In waiting on Thee there is fullness of Life.
I wait on Thee, my Inner Lord; I listen for Thy voice.
I hear Thy word; I do Thy will; again I wait on Thee.
And listening, I hear Thee Say: "Be perfect, be complete; live, love, be glad."

*Sit thou in the stillness and let thy Lord speak.*

## Whose Right It Is to Come

He has come Whose right it is.
He has made His home within me, and will nevermore depart from me.
I shall walk no more alone, for One walks with me
Who knows the path of Life, and Whose feet will never falter nor fail.
My Inner Light shines through the mist of human beliefs
And frees me from the bondage of fear and limitation.
I shall walk with You, my Friend, and shall learn of You the ways of Life and Freedom.
We shall travel together from this day, and none can part us,
For we are united in the perfect bonds of an everlasting unity.

*I walk with Thee.*

## I Control My Mental Household
AND
## Conquer All Fear and Doubt

I conquer my mental household and cast out all fear and doubt.

Let my Word cast out all sense of fear and doubt and let my thoughts be lifted unto Him Who lives Within.

My Word has dissolved all fear within me, and has cast out all doubt.

My Word shall guard my thought and make me receive only that which is Good and Perfect.

*I control my life.*

## My Word Comes Back to Me

My word comes back to me laden with the fruits of its own speech.

My word is the Law unto my Life, and the Law unto everything that I speak.

O Word, go forth and heal and bless all humanity.

Tell them of their Divine Birthright.

Tell the stranger that he is not alone, but that One goes with him Who knows and cares.

Tell the sick that they are healed and the poor that they cannot want.

Tell the unhappy of the joy of the Soul, and break the bonds of those who are in prison.

*My Word shall come back to me*
*blessed of God and man.*

## My Word Shall Bear Fruit

The Word of my mouth shall bear fruit.
It shall accomplish and prosper, and shall not return unto me void.
My Word is the law unto the thing whereunto it is sent, and it cannot come back empty-handed.
I send out my Word, and it is the law unto my life.

*My Word is Power.*

## Nothing Can Hinder

Nothing can hinder my Word from working;
It will work, and nothing can stop it.
My word is the Law unto that thing whereunto it is spoken, and will become fulfilled in the right way and at the right time.
My Word is complete and perfect, and is the presence and the Power of the One Mind that is in and through all.
I speak that Word and know that it will accomplish.
I wait in perfect confidence for the Word to fulfill itself in my life.

*My Word is law.*

## O Man, Speak Forth Thy Word

O man, speak forth thy word and be not afraid.
Did you not know, have you not heard
His Divinity is planted within thee, and thy word is one with all power.

The Spirit of the Most High is thy Spirit, and the word of God is thy word.
Thy freedom is hid within thee, and thy inner light shall illumine thy way.
Speak, man, and be free! Announce and proclaim thy works!
Let thy word go forth with power, and thy Spirit shall conquer all.

*Spirit within me, speak.*

### The Power of the Word

The Word is a mighty Power, and that Word is in me and through me now.

My Word is one with the All Good and cannot fail to accomplish the desired ends.

My Word goes forth with Power unto everything that I do, say or think.

The Word is my Power by day and by night.

I will speak that Word and trust in the great Law of Life to fulfill it.

*I speak the word in full confidence.*

### The Word of Power

My Word is a Word of Power, for I know that it is the Word of the Great God within me.

My Word shall accomplish and prosper, and shall do good unto all who call upon my name.

My Word is a tower of strength and cannot be denied.

It is complete and perfect here and now.

My Word is the Word of God.

*My word is the word of God.*

## The Unassailable Truth
## and
## The Irresistible Word

The Truth within me is unassailable, and the Power of the Word is irresistible.
I can even now feel that my Word has gone forth with Power and Reality, and that it will accomplish that purpose for which it was created.
Limitless is its Power and wonderful are its works.
It can be nothing less than the Almighty working in and through me.
I will let this Word of the Spirit go forth from my mouth, and heal and bless the world.
It shall be as a strong tower unto all who call upon it.
The Truth is Complete and Perfect, and is within me now.

*My Word is complete and perfect, now.*

## I Behold in Thee His Image

I behold in thee His Image.
In thee, my friend, I see God, and through you I feel His presence.
I see in the hand that gives, His hand;
And in the voice that speaks of Love, I hear Him speak.
For His lines have gone out into all places,
And from the highest to the lowest, all, all partake of His nature.
"For He is all in all, over all and through all."

*I perceive that God is in all people.*

## I See No Evil

I see no evil; I behold only the good.

I have seen the drunkard lying in the gutter, and the saint kneeling in ecstasy before the high altar of his faith; but I have found no difference.

I have perceived that each, in his own tongue, is seeking to express the One Life.

I will not separate and divide; I cannot condemn nor censure, for I know that there is but One in All.

I know that all came from the One, and all will return to the One.

I know that all are now in the One, and that each is seeking to express the One.

*I know and love all.*

## I Shall Never Die

I shall never die, for the Spirit within me is God and cannot change.

My life is hid within the Universe of Love and Light, and that Light shall live forever.

Go, fear of death and change; begone from my thought, fear of death and uncertainty.

That which is cannot become that which is not; and that which I am can never change.

The Spirit of Eternity is enthroned within me, and the Life of Endless Ages flows through my being.

From Eternity to Eternity my Life flows along its way of peace and harmony.

Time brings but more glory to crown me with its pleasures.

*My life is forever.*

### Love to the World

My Love goes out to every one in the world;
I do not exclude anything, for I love all Nature and everything that is.
My Love warms and lightens everything that it touches, and it goes out into all places.
The Love flowing through me is a Power to all who come into contact with it, and all feel and know that I love.
Love within me is Complete and Perfect.

*Love within me is Complete.*

### My Life Is One With God

My life is in God; it cannot be hurt nor hindered in its expression.

God lives and expresses through me; His work is complete and perfect in me now.

I know His life to be my life, and I know that my life is complete and perfect.

*My Life is in God.*

## No Misunderstandings

There are no misunderstandings.
All is made clear between the ideas of Good.
No false sense of separation can come between people, nor disturb the realization of the Unity of All Life.
I perceive that I am one with all people, and all are One with me. There is no separation.

*There is no separation.*

## The Divine Plan for Me

The Divine Plan for me is Perfect. I am held in the Mind of God as a Complete and Perfect Expression of Life and Truth.

No power can hinder nor mar this Inner Image of Reality, for It is God-given and God-kept.

*God gave and God will keep.*

## The Personality of God

The Great Personality of God is my Personality; the Limitless Knowingness of The Spirit is my Knowingness, and the One Mind is my mind.

All, All live in One Infinite Person, and each manifests the One Who is formed through and in all.

Man is the Personality of God in manifestation and cannot be left without the Inner Witness of the Spirit.

I now realize that the Infinite Personalness of the Spirit is my Personality, and I rejoice to know the Truth about myself.

*God is my Personality.*